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BIENNIAL REPORT

OF THE

Territorial Health and Quarantine Officer

TO THE

GOVERNOR OF ARIZONA,

FOR THE YEARS 1893-94.

GEORGE GOODFELLOW, M. D.,

Health and Quarantine Officer.

PHOENIX, ARIZ.
HERALD BOOK AND JOB PRINT.
1895.



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BIENNIAL REPORT OF THE
Territorial Health and Quarantine Officer,
Territory of Arizona.

To L. C. Hughes, Governor of Arizona:

DEAR SIR: I desire herein to present to you a report of work done by me as Territorial Health and Quarantine officer, from the date of my appointment until the present.

In the spring of 1893 the prevalence of cholera in European ports and the port and city of New York, caused general alarm throughout the country, and such quarantine regulations were adopted by our neighboring state of California as made needful responsive action on the part of Arizona, if—in case of invasion by the epidemic—we would have travel and traffic through the Territory unimpeded. The Californian State Board of Health having requested a conference with the authorities of Arizona, I was asked by you to represent the Territory and to take such action in conjunction with the Board of Health officials of California as should be deemed best. I was informed by you that no funds were available for use, and that no recompense for any services rendered need be expected, but that you would recommend to the legislature that I be reimbursed for money expended.

Upon those terms I accepted the appointment, and have done such work as I have considered requisite, expecting no pay whatever, only asking that I be refunded the actual amount disbursed by me in the performance of the duties asked, a statement of which disbursements is herein enclosed.

Immediately after receiving notice of my appointment, Dr. Ruggles, of the Californian State Board of Health, requested me to meet him in California for conference, and a meeting was arranged to take place at Colton in June, 1893. As questions of a legal nature were to be discussed and the general tone of the communications emanating from the Californian authorities boded ill, I asked Judge C. W. Wright, of Tucson, to accompany me, that such legal questions as might arise should be understandingly met. The judge kindly consented to go. We met Dr. Ruggles and other members of the Californian State Board of Health at Colton on the appointed day, finished the preliminary conference, adjourned to Los Angeles and completed the session. I enclose a copy of the proceedings which were taken down by a stenographer, employed and paid by me. Contrary to the expectations of all, the meeting was a harmonious one, no difficulty being experienced about coming to a conclusion with all matters broached. Judge Wright was elected chairman of the conference and aided much to facilitate the rapid dispatch of all business. The resolutions adopted explain clearly the nature of the agreement arrived at, to carry out which the following steps were taken by me: No territorial funds being available, the Attorney General was requested to notify the Board of Supervisors of each county that I had been appointed Territorial Quarantine and Health officer, and to ask that they co-operate with

me, in case of necessity. I wrote to some and appeared personally before the boards of Cochise and Pima counties, asking of each county that in case of need, within each county respectively, I be authorized to employ such help and to adopt such measures at the expense of the county, as occasion might demonstrate to be necessary. Without exception every board notified me of a willingness to comply with the request, the boards of Pima and Cochise counties respectively spreading resolutions to that effect upon their minutes. In addition I went to Nogales and selected a building for a quarantine station, and arranged with all the railroads entering the Territory for quarantine and inspection stations, transportation facilities, food and water supply; thus making all preliminary arrangements needful, to be prepared promptly to act in case of emergency. I also put myself in communication with the health authorities of the port of New York, receiving from them a daily bulletin. Also communicated with and saw Dr. Wyman, of the United States Marine Hospital Service, who instructed his inspectors to act with me in all matters where action by me was deemed necessary, which they most cordially did. In the northern part of the Territory I requested Dr. Brennan, of Flagstaff, to act for me, and he made all necessary arrangements there. Dr. Scott Helm was asked to act for the central part of the Territory, and cordially co-operated with us. Fortunately no occasion has arisen which has made any demand upon the resources of the Territory, nor is any, in my opinion, likely soon to arise. Recently an unwarranted scare about smallpox was caused by the intrusion of a case into Nogales, but from which nothing has arisen.

In conclusion I wish to enter into a discussion of the

question of a Territorial Board of Health, which was agitated during the last session of the legislature, and is likely to become a question of import in the incoming legislature.

Almost every State and Territory in the Union—every state, I think—has upon its statute books a law or laws establishing and relating to a State Board of Health. These laws give various limited and unlimited powers to such boards; in some, granting inquisitorial powers of investigation, restriction and action, all with the ostensible purpose of good to the “public,” regardless of the rights of that “public.” Any justification of such laws must be found in infallible wisdom or knowledge—the wisdom of the Almighty; otherwise the futility, fatuity and iniquity of them is plainly apparent; and if such wisdom can be found in any merely human beings, then the world is yet to become cognizant of that fact.

Modern sanitary legislation in the United States began some fifty years ago. At that time the developing needs of mankind, increasing with the material prosperity which was gradually ameliorating all untoward conditions of life, and combining therewith, had, along with all other benefits, been bettering sanitary conditions, and producing a general rise in the methods of living, thus adding to the average longevity by rendering less fatal the periodic epidemics which from time immemorial had swept the earth from pole to pole. Without entering too deeply into the proximate causes of the furore for “public health,” suffice to say that the opening made was not overlooked by the medical profession, who, swift to improve the occasion, jumped to the fore and began to assert that all disease was caused by filth, and to assure the suffering world that they,

and they alone, were the only ones capable of discriminating between filth and non-filth, and that solely through them was the straight and narrow way which led to eternal health. Frightened by this sudden vista of filth opened up and lacking the knowledge to dispute the asseverations made by the initiated, sanitary science was permitted to be born with a rush which put the birth of Pantagruel far in the shade; but the labor lacked many of the picturesque elements of that famous travail. All this began to force the idea, to give a sense of something in the air that was audible to the deaf, and acting upon a feeling inherent in all persons, legislators began to follow their noses from the affecting scenes, willing to resign to those who professed so much, the conservation of the health of the "people."

The "sanitarians" declared that the true cause of all zymotic diseases, such as typhoid fever, diphtheria, scarlet fever, smallpox, measles, and the like, was filth—decomposing organic matter—and that with the destruction of filth all such diseases would disappear. Pure air, pure water, pure soil, were declared the only essentials requisite to eternal youth and health, and to secure these inestimable benefits for all mankind, all that was necessary was to enact laws which would give to them, the sanitarians, the power to compel every one to have this triune of disease preventives on tap, to enable them willy nilly to renovate the world and bring about the millenium. And that I do not exaggerate one whit, I refer you to the articles published recently by no less personages than the Surgeon General of the United States army, Dr. Sternberg, and T. Mitchell Prudden, of New York City, who say, respectively, the first in the North American Review, the other in Harper's Weekly, thus: Dr. Sternberg says: "And yet it is well known

to health officials and to the medical profession generally, that the mortality from *preventible* diseases which prevail in all parts of the country, such as consumption, typhoid fever, diphtheria, summer diarrhoea of children, etc., is far greater, etc." Dr. Prudden says: "The research of the past decade into the nature and causes of some of the most common and fatal diseases has shown that, in a measure scarcely dreamed of before, they may be warded off and their ravages limited when once they have gained a foothold in the community. * * * Furthermore, it is now clear that these beneficent results are to be achieved not by intricate and subtle scientific processes, but by a strict and persistent attention to the simple details of sanitation."

These utterances explicitly and implicitly say without reservation that such diseases as they mention are "preventible;" that if due attention be given to "sanitation" that most of the mortality of the community may be ended. To all of which I have to say that, in spite of fifty years "research" and "sanitation" not only has the cause of a single one of the zymotic diseases not been discovered but not a single case can be shown to have been prevented. Every premise upon which modern sanitary legislation is based has been disproved a thousand times and the fatuity of those who now believe in the utterances of the "sanitarians" can only be compared to the intelligence which believes that perpetual motion is possible in a machine invented by human mind. That the proof of this may not be too long and that I may demonstrate clearly without wearisome detail the truth of my assertion, I will take for an example the recent epidemic of cholera, which was the cause of the disturbances which led to my appointment, and which will doubtless be used here as it is elsewhere

as an illustrious demonstration of the efficacy of "sanitary" measures and quarantine regulations.

In 1892 cholera became epidemic in Asia, started westward, taking a northern route, as it did in 1832 and 1849, passing through Persia and Russia during the spring and early part of the succeeding summer; by the middle of July St. Petersburg was reached. With no warning whatever Hamburg was invaded, the first death occurring there about the 18th of August. On the 20th there had been eighty-five cases with thirty-six deaths. Two or three days later there were two hundred cases. By the 22nd of August the bacteriologists determined that the disease was true Asiatic cholera. The disease increased and declined until October 19th, when occurred one case and no deaths. From the inception of the disease to the ending on the 20th of October, 17,988 cases had occurred with 7,608 deaths. The manner or route by which cholera entered Hamburg is to this day an impenetrable mystery. "Sanitarians" proclaimed that, being a "filth disease," cholera had been transported by the dirty Russian Jew; attacking the poorer quarters of the city the filth in the soil attracted the poison and the microbe flourished in the filth which abounded; attacking the rich, the well-to-do, the temperate—the filthy water took all the blame; far and wide was the epidemic slavered over.

In every lay and medical periodical throughout the world appeared long columns of exquisitely specific directions as to things to eat, things to drink, things to do and things to wear. Those who knew most about the disease, those who had investigated its comings and its goings, were less positive that absolute knowledge had been attained, and did not believe that the reason Hamburg, in the course of nine weeks, had eighteen

thousand cases of cholera and eight thousand deaths was because defecation had not been done under the eye of the "sanitarian" and water had been used in a natural and palatable condition. Hamburg was one of the healthiest and cleanest towns on the continent. Pettenkofer, an eminent German investigator, says it was the type of a well-drained city. The London Lancet of October, 1892, said: "Here was a city with fairly good drainage, not over-crowded, no famine, but little of the direst sort of poverty, a creditable condition of house and personal cleanliness." There was nothing, in fact, about the sanitary condition of Hamburg to induce the visitation of cholera. The Jews accused of importing the disease had not come to Hamburg for some weeks previous to the outbreak, and no cases of the disease had existed among them. From Hamburg the disease was carried to other countries, among them the United States.

The disease jumped around in a manner totally inexplicable and bewildering, and all efforts to trace the inception to *imported* cases have failed. Of course foul water was accused but in not a single instance has any evidence that such was the origin been brought forth. The irregular and erratic course and progress of the disease has given the death-blow to the water theory. As late as October 27th the water supply of Hamburg was found pure. If the disease was caused by the water then what a ludicrous commentary on the effectiveness of sanitary measures, for during *all the time* of the epidemic at no time would any bacteriologist, not knowing the source of the water, have pronounced it unwholesome. All water was boiled and by the 25th of August it is said the custom was universal; yet after all this, and after the other usual and unusual sanitary

measures of disinfection and protection, nearly seventeen thousand cases of cholera capered lightly through the limits of the fated city. Before 1892 cholera had attacked Hamburg sixteen times, but 1,674 deaths had been the greatest number caused at any one time. One thousand deaths occurred in 1873, and since then the hygienic conditions of the city had been greatly improved, until they were as indicated hereinbefore. Yet in spite of this, in 1892 eight times as many deaths occurred as twenty years before when the conditions from a sanitary point of view were not as favorable.

In a report upon epidemic cholera in India, Dr. J. M. Cunningham, surgeon major of the British army, a careful experimentor, says that "the cause of cholera, what governs its distribution and its relative incidence in different places, is still as inscrutable as when the disease first appeared;" and "it must be remembered that the distribution of cholera, as may be proved beyond all doubt, is not regulated by conditions of filth or cleanliness; and quarantine, isolation, and disinfection have utterly failed to prevent or arrest the outbreaks among European troops, even when carried out under the most careful superintendence." But the knock-out blow to the filth origin or propagation of cholera was given by Koch himself when he announced the discovery of the comma bacillus, the now alleged specific cause of the disease. He found that if the bacilli were brought into a putrefied liquid containing putrefactive bacteria, they would not come to development, and if put into a sink or cesspool they would promptly die and "there would be no necessity for disinfection." If there was a trace of acid in the fluid in which bacilli were placed, they were aborted; if the fluid was acid markedly, they died at once. He demonstrated that sulphate of iron, which

is so lauded as a disinfectant, by staying putrefaction, exerted the opposite effect, and says: "The process of putrefaction that goes on of itself in the cesspool is sufficient to kill the comma bacillus." Subsequent experiments have shown all this to be true, and that wherever filth abounds and putrefaction is progressing, with the presence of the putrefactive bacteria, the comma bacillus, the now alleged specific poison of cholera is quickly destroyed. Dr. Sternberg himself says in the Medical Record, October 1, 1892, that the bacillus grows in bouillon and in sterilized milk. "It also multiplies itself in sterilized river and well water. Its vitality is preserved in sterilized sea water and multiplies there, but in non-sterilized sea water it dies out within two or three days, the rapidity with which it disappears depending upon the number of saprophytes in the water. "It dies out in a few days in milk or river water which contains numerous saprophytic bacteria." In competition with the ordinary putrefactive bacteria the cholera spirillum soon disappears; "so it would multiply more rapidly in water not containing a large amount of organic material than it would in sewage." Such evidence as this could be multiplied indefinitely, but I shall add only two more instances. Dr. Cunningham says: "In experiments we find that very large quantities of comma bacilli introduced into faecally contaminated soil and exposed to conditions similar to those which the bacilli entering the soil at Calcutta, are normally liable during the period of year dealt with, failed to multiply, and, on the contrary, rapidly and completely disappeared. He further says, after reciting a number of experiments, that, "under normal circumstances they are singularly incapable of holding their own in the struggle for existence, and they very rapidly succumb if they are not

placed in a medium that has been specially sterilized for them;" and Dr. Macnamara, in his History of Cholera, says that the cholera bacillus quickly disappears in the drainage of cesspools. In regard to disinfection, Dr. Koch finally says: "But above all we can deduce this advantage, that an end will at length be put to the fearful squandering of disinfectants; and that millions will not again, as in the last epidemic, be poured into gutters and cesspools without the slightest advantage."

It will be noted that ever since the establishment of boards of health any quantity of epidemics of various diseases have raged, all unaffected by any measures taken by the boards or modified by enactments designed to deter their propagation; bearing in mind also that distinguished medical investigators who have made a profound study of, and have had wide and varied experience with cholera, have declared that both its causes and means of prevention are still unknown, and neither quarantine nor isolation has any effect whatsoever to stay its progress; the merely human mind may be pardoned if a modicum of doubt as to the utility of measures advised and adopted, exists; and that such were inept, futile and inane, the result shows conclusively. What more favorable circumstances could exist for the propagation and diffusion of the disease than were created by the Board of Health of New York City, and the sanitary authorities of the United States? Day after day ships infected, ships loaded with frightened men and women were detained, the sick confined with the well. In many instances they were drinking and continued to drink the very Elbe water which at that very moment was alleged to be the cause of hundreds of deaths daily in Hamburg. Had the cholera struck New York with the suddenness that it did Hamburg, that city would

have been decimated by the scourge. But the favoring conditions for the propagation of an epidemic, "those unknown factors which are present in all epidemics," were absent, and in spite of every effort of the "sanitary" authorities to abet the cholera in its fell designs, it halted, but not in quarantine; for there were cases enough in New York City to make a total of nine that died between the 6th and the 29th of September, all in widely separated parts of the city, and, "although untiring efforts have been made to obtain as complete a history as was possible in each case," not the slightest connection could be shown with any case from abroad.

Now, if the current theory of cholera is correct, how or when did the specific bacillus enter New York? By whom was the intruder introduced? And by what process did nine persons become affected and die, none of whom had communicated with each other, with one exception, or, so far as could be ascertained, had come in contact with any one, domestic or foreign, who might have carried the germ. How does it come that no other case resulted in spite of the fact that the persons who nursed them and the persons who buried them were in contact with them living and dead, and took no precautions, for the disease was not named for several days after it was first observed.

All of the facts which I have related are pregnant with meaning. That this country is in more or less danger of an epidemic of cholera is possibly true, but it is equally obvious that the measures usually adopted to restrain its progress will expedite rather than impede its triumphal march through the land whenever or wherever the notion to start arises. In olden times—almost pre-historic—the methods adopted to drive out the devil of epidemics, was almost the same in method

and manner as those our wonderful modern sanitary skill has adopted.

While I have used cholera for a text, equally convincing evidence is available in regard to all so-called filth or zymotic or contagious diseases—smallpox, diphtheria, scarlet fever, tuberculosis, etc.

All this may seem to be a plea for dirt; an apotheosis of filth; but it is not. I hold that cleanliness, instead of being next to godliness, is a little ahead of that unknown thing, but I also hold sternly to the belief that such cleanliness is not to be attained by state interference with individual liberty and the taxation of many to accomplish no more than to breed a pest of disease and office-holders, whose only object is to filch from the public treasury and to provide offices for political frauds and incapables.

Allied to this plea for a board of health will doubtless, as was before the case, come a more pressing plea to establish a medical examining board to prevent the practicing of unlicensed practitioners of medicine. This again, will be based upon the ground of "public welfare." The public are likely to be imposed upon if the selection of their medical attendants is not put into the hands of a few, who, whatever the facts, claim to have and to hold all medical knowledge extant. The principal plea urged in defense of the propriety of such legislation is that the public are not judges of the quality of the service which they seek, and that in the absence of an examining body unqualified persons are likely to do harm by incompetent advice and injurious medicine.

The Constitution is presumed to secure to every individual the rights of "life, liberty and the pursuit of happiness." Each person is entitled to work out his destiny in any way agreeable to himself, provided he

interfers not with the equal right of each other individual to do the same. This admitted, and no sane person can dispute it, surely every one has the right to seek medical or other advice from wheresoever he wills, be it from a regular "graduate of medicine" or from that repository of all medical knowledge in the community—the old wives—or from any one who claims to have any information of the nature desired to impart, with or without a consideration. Here I am met with the averment that people will be killed if that is permitted, and that unqualified persons knowing nothing of the dangerous methods, and implements which they so freely use and dispense, will distribute death and disease promiscuously in the community. If any single instance of such is adduced, then how many have suffered from the ignorance and incapacity of the licensed practitioners of medicine? I do not intend to enter too fully into this subject for I have already made an unusually long document, but I stand ready to discuss the advantage of such laws at any time. Suffice to say that at the present day no more is known of the *prevention* of disease than was known hundreds of years ago. Knowledge has advanced much it is true, but of the ultimate origin of disease, the medical profession stands as ignorant as it did when the only methods of treatment were those adapted to frightening out the devil which possessed the sick. That being true, then what becomes of the plea that only a body of professedly ignorant men shall be granted a state monopoly to administer to the ills of humanity? Each person for himself will be able to judge if he wishes the services of a "graduated" practitioner, or is more anxious to take advice from his companion of the moment, who has nothing but the "they say" of the laity to base his opin-

ion upon. And if advice of that sort is wished for, no right of interference lies within the limits of state power. A rejoinder will be made that the ignorant will be imposed upon. To that the answer is: Show that they ever have been, or that the results of such protective legislation—legislation which is destined to protect the individual against the results of his inclinations or his folly—has ever been successful. The whole history of such legislation is that of gigantic failure, and ever will be.

I here quote from Herbert Spencer, the most distinguished philosopher of the age, who, in discussing this question, says: "This doctrine that it is the duty of the state to protect the health of its subjects cannot be established, because health depends upon the fulfillment of numerous conditions, and can be protected only by the fulfillment of such conditions; if, therefore, it is the duty of the state to "protect" the health of its subjects, it is its duty to see that all conditions of health are fulfilled by them. Shall this duty be consistently discharged? If so, the legislators must enact a national dietary; prescribe so many meals a day for each individual; fix the quantities and qualities of food, both for men and women; state the proportion of fluids, when to be taken and of what kind; specify the amount of exercise and define its character; describe the clothing to be employed; determine the hours of sleep, allowing for difference of age and sex; and so on with all the other particulars necessary to complete a perfect synopsis for the daily guidance of the nation; and to enforce those regulations it must employ a sufficiency of duly qualified officials, empowered to direct every one's domestic arrangements. If, on the other hand, a universal supervision of private conduct is not meant, there comes the question, where

between this and no supervision at all lies the boundary up to which supervision is a duty? To which question no answer can be given. There is an evident inclination of the medical profession to get itself organized after the fashion of the clergy and other state-supported institutions. Moved as are all men under such circumstances, by nine parts of self interest gilt over with one part of philanthropy, surgeons and physicians are vigorously struggling to erect a medical establishment akin to other governmental organizations. Little do the public realize the specious arguments and unholy influences at work to induce legislators to erect these state-paid and irresponsible boards; to establish another tax-supported class charged with the supervision of the "public health."

"They point to counter-prescribing and unlicensed practicing of medicine, and howl that the evil is of enormous magnitude, and that the public greatly underestimates the danger to which they are exposed.

To any thinking person all such mouthings display more the partisan than the philanthropist. But setting aside that fact, how strange it is that "a dreadful sacrifice of human life" should only have been discovered by the "licensed" medical men, and that the attention of the public at large—surely to the full as intelligent as the medical profession—should not have been drawn to this "frightful evil." That it has not, that nothing of the sort is evident, a mere statement of the case suffices to show, and equally suffices to show that but one object animates the supporters of all such legislation—self-interest.

Having, as I think, demonstrated the inutility and pernicious influence of such legislation, it remains to indicate what, in my opinion, may be the proper course

to pursue in respect of the enactments which may be needful.

Were there no boards of health in adjoining States and Territories, whose acts might inconvenience traffic and travel through our Territory, the only suitable thing to do would be to enact no laws whatsoever, but, as in 1893, freight may force action which will have to be considered if we are to be unmolested by arbitrary regulations concerning inspection, quarantine, and disinfection of travelers, baggage and trains.

That a Board of Health is requisite is not true. The only services which such an organization could render would be to increase the burden of taxation and create a body of officials paid by taxation, whose principal function would be to draw salaries, cause expense, and make trouble by arbitrary inter-meddling with the normal course of business.

My suggestion is that a law be passed authorizing the Governor to appoint, *in case of emergency*, a Territorial Quarantine Health Officer, who shall serve without pay, and who shall under no circumstances, receive other remuneration than the repayment of any money actually disbursed in the discharge of his duties. The duties to be those usual: To have general charge of sanitary arrangements of the Territory in cases of emergency affecting our relations with other States and Territories; but during the intervals to have no power whatsoever to interfere with any sanitary arrangements, county or municipal.

For all incidental expenses attached to any administrative functions at the time, the Governor may be authorized to draw warrants, or they may be paid in any other way seen fit to be adopted by the law-making powers. In thus limiting the power of the health of-

ficer and allowing no recompense, no temptation will be given to make a pretense of "doing something" upon all occasions and people will be enabled to live in peace without the constant molestation of an irresponsible bearded, whose ability to do good would be ~~unlimited~~ *scar*
~~but~~ the power to do mischief. *illimitable*

Respectfully Submitted.

GEORGE GOODFELLOW.



